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ABSTRACT

This guide explains, in simple language, the procedures for utilization of Colorado's developmental disabilities system. It begins with a definition of developmental disability and then explains how to contact a Community Centered Board to determine eligibility for services. The guide outlines the processes of applying for services, receiving services, and ending services; presents a timeline of actions during the application process; describes case management services; describes types of services offered by age; and outlines the conflict resolution process. The guide concludes with a list of the rights of individuals with developmental disabilities; a glossary; an organizational chart of Colorado's developmental disabilities system; and lists of Colorado departments and agencies, statewide organizations, and Community Centered Boards. (JDD)

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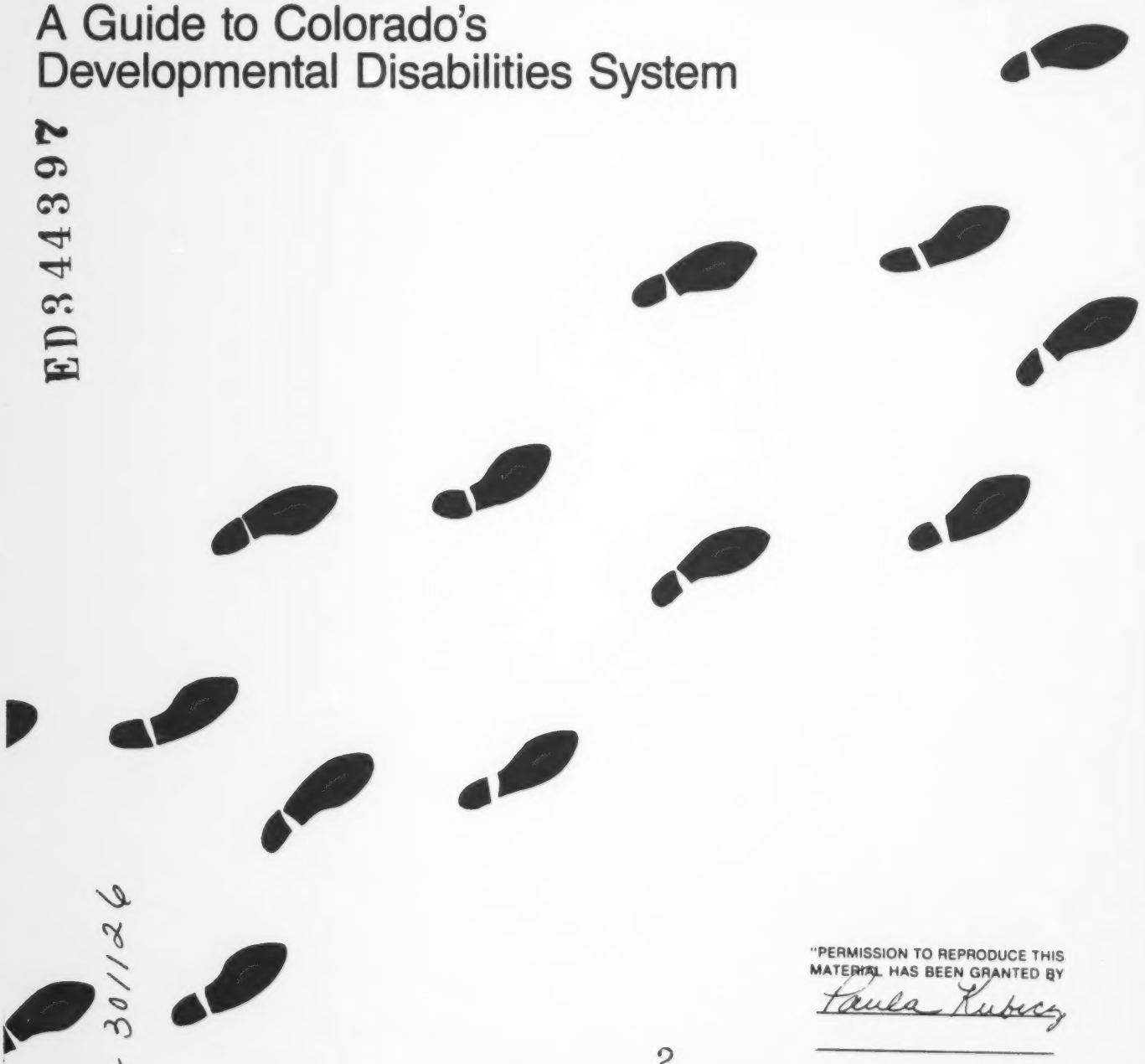
STEP BY STEP

A Guide to Colorado's Developmental Disabilities System



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STEP BY STEP

This handbook will give you information on Colorado's Developmental Disabilities System and explain — step by step — how it can work for you.

Step by Step was developed by the Colorado Association of Community Centered Boards with a grant provided by the Colorado Developmental Disabilities Planning Council.

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Definition of A Developmental Disability

The definition of "developmental disability" is complex. It is a disability that occurs before a person reaches 22 years of age. This disability creates a substantial and lasting handicap for the individual.

A developmental disability is a result of mental retardation or related conditions including:

- cerebral palsy
- epilepsy
- autism
- or other neurological conditions when they impair general intellectual functioning or result in behaviors similar to that of persons with mental retardation.

A child younger than five years old who is at risk of having a developmental disability or whose development is 20 percent delayed may also be eligible for services from the developmental disabilities system.

Taking The First Step

If you think you or your child may have a developmental disability, contact your local Community Centered Board (CCB) to determine eligibility for services. (See list of Community Centered Boards on page 38)

Once you contact your local Community Centered Board, a Case Manager will assist you in submitting an application for services. If your child is 5-21 years old you may be referred to other services.

Contact Your CCB

Applying for Services

Determining Eligibility

Once the Community Centered Board (CCB) receives your application for services, your eligibility will be determined by a team of persons including your Case Manager. Eligibility will be determined within 30 days after your application is received (or within 60 days in unusual circumstances). You will be notified in writing within seven days after it is determined whether or not you are eligible for services. If you are determined ineligible, you have the right to appeal that decision. (See Resolving A Conflict).

Developing An Individual Habilitation Plan

If you are eligible for services and request them, your Case Manager will begin developing a plan to identify all your needs and the services required to meet those needs. This plan is called an Individual Habilitation Plan (IHP) and will be developed within 30 days after you are determined eligible for services. The IHP is developed by the Interdisciplinary Team (IDT) which includes you, your guardian or authorized representative, your Case Manager and other professionals.

You will be notified in writing at least 15 days before the meeting is set to develop your Individual Habilitation Plan. You will receive a copy of the plan along with a list of state approved agencies which can meet your needs. The Interdisciplinary Team will review your IHP at least once a year.

Once you have your IHP, your Case Manager will work with you to obtain services. Although you are eligible for services, this does not guarantee that you will receive them.

- If there is no space in the program or agency you choose, you may be placed on a waiting list.
- The agency may turn you down for services even if your Interdisciplinary Team believes that agency can best serve you.
- It may be that the service you need is not available.

Your Case Manager will notify you within 15 days after the Approved Service Agency (ASA) makes a decision about providing service to you.

Receiving Services

Enrolling in Services

Within 30 days after you are enrolled, the agency providing the services will develop an Individual Program Plan (IPP). This IPP is a written plan that identifies the objectives of each service you will receive and how your progress will be measured. The Individual Program Plan(s) becomes part of your Individual Habilitation Plan.

Changing Services

If your services are to be changed, reduced or delivered in a more restrictive setting than stated in your Individual Habilitation Plan, the Community Centered Board will notify you in writing at least 15 days before that change is to be made. You have the right to protest the change. (See Resolving A Conflict)

Denying Rights During Services

Your rights (see Rights of Persons with Developmental Disabilities) may not be denied in receiving services except for care or treatment purposes or to protect yourself or others. If a service professional proposes denying your rights, you will be given written notice. The proposed action will

be evaluated by your Interdisciplinary Team and made a part of your Individual Habilitation Plan. The Community Centered Board has a Human Rights Committee which will review any such action in order to safeguard your rights.

Ending Services

If you are receiving services and no longer wish to participate in the program, you may notify the agency and be discharged within 48 hours. If you are a minor, your parents or guardian will be notified of your desire to be discharged and they may make a decision for you. You may be subject to legal action which could affect your ability to leave.

A service may be ended because your Interdisciplinary Team determines it is no longer appropriate to your Individual Habilitation Plan. In addition, you may be suspended from a service if it is necessary for your protection or for the protection of others in the program. The Community Centered Board will notify you in writing at least 15 days before you are to be discharged or suspended from a particular service. You have the right to protest that decision (See Resolving A Conflict).

Determining Developmental Disabilities

Action

Once your application for services is received by the Community Centered Board, your eligibility will be determined according to an established procedure.

1. A Case Manager is assigned and eligibility is determined by the Community Centered Board 30 to 60 days after the application is received.

2. The person requesting services is notified by mail of his or her eligibility status 7 days after the status has been determined.

If the person is ineligible, the notice will state the reasons for ineligibility and give referral information.

If the person is eligible and services are requested:

3. An Individual Habilitation Plan is developed within 30 days after determination of eligibility.*

4. The person who is eligible to receive services and the parent, guardian or authorized representative — as part of the Interdisciplinary Team — are notified 15 days before the Individual Habilitation Plan meeting. They also receive a copy of the Individual Habilitation Plan after it has been developed. It is then reviewed on an annual basis.**

Timeline

*The timeframe and process may vary depending on the availability of information and your catchment area.

**A Referral and Placement Committee (RPC) composed of persons from different agencies and professions will recommend program and residential services. The process varies depending on your catchment area.

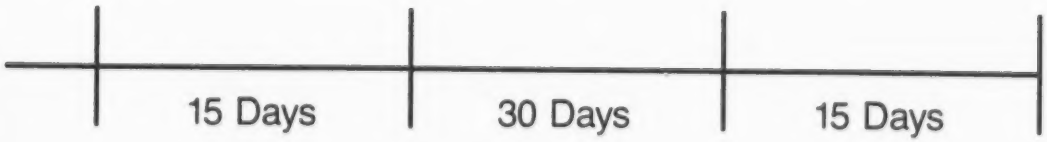
Once the person is enrolled in a program:

5. At this point, the person eligible for services can begin to receive services, be placed on a waiting list or be rejected by the Approved Service Agency.

5a. The Case Manager notifies the person requesting services in writing within 15 days of the Approved Service Agency's decision.

6. An Individual Program Plan is developed with each program listed in the Individual Habilitation Plan within 30 days.

7. If services are to be changed or ended, the person is notified 15 days prior to the date of action.



Community Centered Boards

Colorado strongly supports the concept that individuals with developmental disabilities should live and work in their own communities. In 1963, Colorado established a state-wide system of local Community Centered Boards to be responsible for services at the community level.

The Community Centered Board is your local area's "single point of entry" into state-funded programs for persons with developmental disabilities. This means that persons with developmental disabilities who are requesting services begin the process with the Community Centered Board in the area in which they live.

Each Community Centered Board is responsible for planning, coordinating and providing or purchasing services for persons with developmental disabilities within its geographic — or catchment — area. The Community Centered Board is also responsible for Case Management Services.

Case Management Services

Case Management services are provided by Community Centered Boards in local communities throughout Colorado to assist persons with developmental disabilities.

Case Managers Work For You

When you request information about services provided by Community Centered Boards, you'll be referred to a Case Manager. Case Managers help individuals determine their needs and decide the best way these needs can be met. Case Managers are qualified professionals trained to help people with developmental disabilities — and their families.

Case Managers:

- explain the services that are available for individuals with developmental disabilities and how to apply for them.
- help determine whether or not the services will meet the individual's needs. If the services are appropriate and available, the Case Manager helps the individual obtain them. The Case Manager also refers the individual to other programs if additional services are needed or helps identify those services necessary that are not available.
- work together with the individuals and/or their families and with other professionals to plan for future needs.
- work jointly with other agencies to make sure that everyone involved is working toward the same goals — and not duplicating efforts.
- work with program agencies to make sure that the individual is getting the services needed.

- contact persons with developmental disabilities and/or their families to review the services provided and discuss any new needs.
- answer all questions or concerns about the services provided.

Case Managers Help People to Help Themselves

Everyone should be given the opportunity to reach his or her full potential. Case Managers are committed to ensuring the dignity and rights of persons with developmental disabilities.

Services Offered to Persons with Developmental Disabilities

Community Centered Boards provide or purchase many services which meet the needs of persons of all ages. The services offered include:

Infant Stimulation
Birth to 3 years old

The Infant Stimulation program helps identify areas of slow development and works for improvement in those areas. In addition to one-on-one training for children, parents receive instruction in therapy and educational activities.

Preschool
3 to 5 years old

Through educational and therapeutic services, the Preschool helps the child develop the necessary skills to increase success in public school.

Day Training Programs
5 to 21 years old

To prepare students for adulthood, Day Training provides academic and learning experiences, communication skills, interpersonal skills, health maintenance and leisure skills. Day training services are funded through the Department of Education.

Adult Day Programs
21 and older

Adult Day Programs provide youth and adults with developmental disabilities with a variety of training and support services so they can participate more fully in society.

Community Residential Services

These services provide a variety of living alternatives and training to help an individual with developmental disabilities achieve his or her highest level of independence.

Resolving A Conflict and the Appeals Process

Conflict Resolution Procedures

Every Community Centered Board and Approved Service Agency has a procedure for resolving any conflicts that arise if you are dissatisfied with their decisions or actions. These conflict resolution procedures must be stated in writing in easily understandable language. Interpretation in other languages is available. The Conflict Resolution Procedures will be stated and given to you in writing when you apply for services, when you are denied services or when services are changed or ended.

Receiving Notice

You or your parents, guardian or authorized representative will receive notice in writing through first-class mail from the Community Centered Board or Approved Service Agency when certain actions are taken regarding your application or the services you are receiving. The notice will include the effective date of action, the specific law, regulation or policy supporting the action, the responsible agency to which you can file an appeal and the conflict resolution procedure including deadlines.

You will receive notice:

- within 7 days after you are determined ineligible for services.
- 15 days before any of the following actions are taken:
  - — You are no longer eligible for services.
  - — Services are changed or provided in a more restrictive setting.
  - — Services are to be ended.
  - — Your rights are to be restricted.

Filing A Complaint

When you receive notice of any planned action noted above, you — or your parents, guardian or authorized representative can object immediately and file a complaint with the Community Centered Board or Approved Service Agency. The notice will include the name of private and public organzations providing advocacy and legal services including The Legal Center — Colorado's protection and advocacy organization. Services cannot be ended during the complaint or appeal process. The notice will also state how services will be continued.

Informal Negotiation

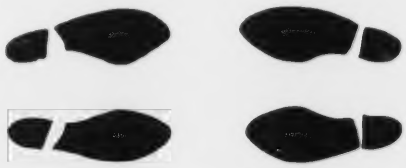
The Community Centered Board or Approved Service Agency will schedule a meeting of all the parties within 15 days after receiving your complaint. This meeting will be held to negotiate your complaint informally. You or the Community Centered Board or Approved Service Agency may invite the Division for Developmental Disabilities to participate.

Filing An Appeal

You, or your parents, guardian or authorized representative may file an appeal if you are dissatisfied with the informal negotiation or if you and the Community Centered Board or Agency waive the informal negotiation.

The appeal will be heard by the Community Centered Board. Approved Service Agency or the Department of Institutions. You will have due process in the hearing which includes:

- informal hearing
- timely notification of issues and timeframes
- representation by counsel or authorized representative
- presentation of evidence
- cross-examination of witnesses
- written record of the proceedings
- written findings of tort and law
- notification if further levels of appeal are sought.



The Rights of Individuals with Developmental Disabilities

Individuals with developmental disabilities have the same rights as other citizens under United States and Colorado Constitutions and laws. They cannot be discriminated against because of their disability.

In addition, persons with developmental disabilities in Colorado who receive services have the right to:

1. Have a specific plan for services, or an Individual Habilitation Plan (IHP), developed cooperatively by professionals, the person receiving services and his or her parent or guardian. This plan must be reviewed every year.
2. Receive medical and dental care as well as treatment when sick or to prevent illness if receiving residential services.
3. Be free from unnecessary medication or from inappropriate administration of medication.
4. Refuse to be used in medical research, to have any body organs removed for transplant or to be sterilized.
5. Receive services from qualified staff members in sufficient numbers within a clean and safe place.
6. Be treated with respect and be free from abuse, neglect or mistreatment.
7. Have any programs to change the behavior or deny rights of the person receiving services be reviewed by professionals, the individual's representative and the Human Rights Committee.
8. Be free from physical restraint unless absolutely necessary to prevent injury to himself/herself or other people.
9. Practice personal religious beliefs.

10. Communicate privately with anyone in person, on the telephone or in writing and interact with members of the opposite sex.
11. Be paid for all work according to applicable minimum wage laws unless performing household tasks as a part of the individual's plan of services or a task which is normally part of personal responsibility for one's home or possessions.
12. Have accurate records kept including, at a minimum, his or her eligibility for services and individual service plans and to be able to see these records.
13. Have only persons who are involved in providing services along with a minor's parent, guardian or authorized representative see the individual's records unless the person receiving services gives written consent.

    Exceptions may be made in the following instances to review the file without the individual's permission.

    - to make claims for aid, insurance or medical assistance.
    - to gather statistics, conduct research or evaluate programs as long as no information identifying the person is given.
    - to the court to carry out this law.
    - under a court order after a hearing and with notice.
    - to the Legal Center when it has received a complaint from or for the person receiving services and that person doesn't have a parent or legal guardian — or the state or someone appointed by the state as guardian.
14. Have and keep personal belongings, to have reports on money held and to have access to reasonable amounts of money.
15. Influence the persons providing services and to have a committee representing his or her views and interests.
16. Be informed of all rules and regulations about his or her activities.
17. Be free from discrimination based on having received services for persons with developmental disabilities.

Glossary

A

A. A. M. R. - American Association on Mental Retardation. A nationwide professional organization working together to meet the needs of persons with mental retardation.

ACIDOSIS - A disturbance of acid-base balance in the body.

ADAPTIVE BEHAVIOR - The degree of how independent and responsible an individual is within his age and cultural group. Behavioral aspects are maturation, learning and/or social adjustment.

ADAPTIVE RESPONSE - The way in which an individual responds to what is happening in the environment. How well the individual responds determines whether or not a task has been learned.

A.F.D.C. - AID TO FAMILIES WITH DEPENDENT CHILDREN. A financial assistance program for families where one of the parents is absent.

ADRENAL - A gland near each kidney which produces hormones.

ADVOCACY - A program where agencies or volunteers work on behalf of the rights and interests of others.

AFFECT - Emotional aspects of behavior.

AFFECTIVE - Pertaining to the emotional aspects of behavior.

ALZHEIMER'S DISEASE - A disease which causes degeneration of the blood vessels of the brain, causing mental degeneration.

AMBULATION - Rolling, crawling, walking, running.

AMNIOCENTESIS - Amniotic fluid is drawn from the uterus during pregnancy to determine genetic or biochemical abnormalities in the fetus.

ANOXIC - Caused by lack of oxygen in the blood.

APGAR - Scoring methods for determining an infant's condition at one minute and five minutes after birth.

(ASA) APPROVED SERVICE AGENCY - A private organization approved by the Division for Developmental Disabilities to provide services.

APRAXIA - Inability or difficulty in initiating or performing purposeful movement.

A.R.C. - A.C.L. ASSOCIATION FOR RETARDED CITIZENS. ASSOCIATION FOR COMMUNITY LIVING. Local and national organization which serves as an advocacy group for persons with developmental disabilities from birth to death. Some local chapters have adopted the name Association for Community Living A.C.L.

A.R.S. - ADULT RESIDENTIAL SERVICES. State funded residential facilities; namely, group homes and apartments.

ARTICULATION - The movement by the tongue, teeth and lips necessary to make a given sound.

ASPIRATION - Infusion into the airways of a fluid or foreign material.

ATLANTOAXIAL INSTABILITY - A greater than normal mobility of the two upper cervical vertebrae. Found more frequently in persons with Down Syndrome

A.T.N.R. - ASYMMETRICAL TONIC NECK REFLEX - With the head turned to the side, the arm on the face side is extended while the arm on the skull side is flexed.

AUDITORY - Pertains to hearing.

AUDITORY MEMORY - The ability to recall what is heard.

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AUDITORY PROCESSING - Interpretation or the ability to give meaning to the information received through the ears - not hearing.

AUGMENTATIVE/ALTERNATIVE COMMUNICATION - Non-speech communication such as sign language, symbol systems (communication boards), electronic voice output devices.

AUTHORIZED REPRESENTATIVE - An individual designated by the person receiving services or by parent/guardian to assist the recipient to acquire or use the services.

AUTISM - A developmental handicap involving cognitive deficits that originate at the organic level.

AVERSIVE STIMULI OR PUNISHMENT - Any event immediately following a behavior which reduces the frequency or duration of a behavior.

AVOIDANCE BEHAVIOR - A behavior which allows an individual to avoid an aversive or unpleasant situation or condition.

B

BABBLING - Play and experimentation with sound by infants which usually begins around three to four months of age.

BASELINE-BASE RATE OR OPERANT LEVEL - The frequency or duration of a behavior before it is changed, modified or before a program is put into effect.

BEHAVIOR - Any observable, measurable response or action.

BEHAVIOR MODIFICATION - A systematic application of behavioral techniques either to teach or strengthen an already existing behavior or to decrease inappropriate behavior.

BEHAVIOR OBJECTIVE - A statement that describes the specific behaviors a child will perform after instruction is completed.

BILATERAL - Movement of both sides of the body simultaneously and parallel.

BINOCULAR - Both eyes used simultaneously.

BLEPARITIS - Inflammation of the edges of the eyelids.

BODY SCHEME - An inner awareness of body parts and how each relates to the other in movement.

BRONCHODILATOR - Type of drug used in respiratory problems to aid in breathing.

C

C.A.C.C.B. - COLORADO ASSOCIATION OF COMMUNITY CENTERED BOARDS. - A non-profit organization composed of 20 community centered boards in Colorado.

C.A.P.R. A. - COLORADO ASSOCIATION OF PRIVATE RESIDENTIAL AGENCIES

CARDIAC CONDITIONS -

ASD: Atrial Septal Defect - An opening occurring between the two upper chambers of the heart.

VSD: Ventricular Septal Defect - An opening occurring between the two lower chambers of the heart.

PDA: Patent Ductus Arterious - An opening occurring between the aorta and the main pulmonary artery persisting after birth.

CASE MANAGEMENT SERVICES - Services provided by Case Managers at Community Centered Boards to assist in eligibility determination, IHP development, the coordination of services and evaluating services with maximum participation by the individual and his or her parents, guardian or authorized representative.

CAT SCAN - Computerized Axial Tomography. An x-ray that produces serialized pictures of the brain.

CATCHMENT AREA - The geographical area served by a designated Community Centered Board.

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C.D.E. - COLORADO DEPARTMENT OF EDUCATION.

C.E.C. - COUNCIL FOR EXCEPTIONAL CHILDREN. A national, professional organization concerned with Special Education.

(C.P.) CEREBRAL PALSY - Conditions which exhibit spasticity, weakness, incoordination or any other motor problems due to organic brain damage. These include sensory and/or movement disorders, seizures, mental retardation, learning disabilities and disorders of behavior.

CHROMOSOME - Cell structures which carry the genes. These hereditary factors include 46 chromosomes in humans.

C.I.E. - Community Integrated Employment

C.M.V. - CYTOMEGALOVIRUS - A special virus that can cause illness, especially in children. The virus can result in damage to the embryo/fetus.

C.O.B.R.A. - CONSOLIDATED OMNIBUS BUDGET RECONCILIATION ACT. A budget act of 1985 with provisions for states to include habilitation services offered in home and community based pre-vocational and supported employment for qualifying persons.

COGNITIVE - A broad term which refers to any class of mental "behaviors" such as reasoning or problem solving.

COMMENSURATE WAGES - A wage which is proportionate to the prevailing wage paid experienced non-handicapped workers in the vicinity for essentially the same type of work based on a comparison of the quantity and quality of production of the handicapped worker with that of the non-handicapped worker.

COMMUNITY CENTERED BOARD (CCB) - A private non-profit organization which is authorized to determine the eligibility of individuals with developmental disabilities within a specific geographical area; provides case management and authorized services.

COMMUNICATION BOARD - A primary system of communication for individuals who cannot vocalize intelligibly. These boards contain pictures, symbols or words and may be electronically operated. To utilize these boards, one must be able to associate a picture with an object, event or need.

COMMUNITY EXPERIENCE - A supervised learning experience for the purpose of teaching students appropriate social and functional skills in the community.

CONCEPT - Generalized abstract idea gathered from a particular instance.

CONDITIONING - (Operant) Procedure through which the likelihood of a behavior occurring can be either strengthened or weakened by the event that directly follows the behavior.

CONDUCTIVE HEARING LOSS - A loss in which the intensity of sound vibrations reaching the auditory nerve in the middle ear is reduced.

CONSECUTIVE SWALLOW - Coordinated action necessary for safe efficient feeding.

CONTINGENT OR CONTINGENCY - The relationship between a behavior and the consequence that follows.

CONTRALATERAL - Movement of opposite arm and leg.

C.O.R.E. - CLIENT ORIENTED RECORD ENTRY. Computerized client data system designed and used by the Division for Developmental Disabilities.

CROSSING MID-LINE (C.M.L.) - Tasks performed in which the arms, legs or eyes cross from one side of the body to the other.

CRITERION REFERENCED - Measurement of performance as compared to an established standard.

C.R.S. 27-10.5 - COLORADO REVISED STATUTES regarding care and treatment of persons with development disabilities.

CUES OR PROMPTS - A form of assistance to a person which helps teach a behavior and indicates what to do to earn a reinforcer. Cues come in physical, visual and verbal forms. Physical assistance refers to physical cues.

CURRICULUM - A guide to areas of instruction in school--cognitive, social affective, sensor--motor, self--management/health and speech and language.

CYANOSIS - Due to a lack of or diminished supply of oxygen.

D

DEFENSE MECHANISMS - Mechanisms used by an individual to protect the ego.

DENIAL - Avoiding admission of certain external stimuli to consciousness.

DYSPNEA - Difficult or aborted breathing.

DEVELOPMENTAL DISABILITIES - A person with developmental disabilities is one with disabilities that are shown before the person reaches age 22. These disabilities are likely to continue indefinitely, will handicap the individual and are attributed to mental retardation or related conditions such as cerebral palsy, epilepsy, autism or other neurological conditions which impair the intellectual functioning or behavior.

DIRECTIONALITY - Perception of directions in relation to the body, particularly awareness of the right and left sides of the body.

DISCIPLINE - To bring under control through enforcement of limits, a moving toward development of self-control. (Not the same as punishment.)

DISTRACTIBILITY - Inability to apply the mind to a given task.

DORSAL - Refers to upper back.

DOWN SYNDROME - A condition of mental retardation resulting from chromosomal abnormalities.

DYSARTHRIA - Inability to speak or difficulty speaking which results from muscle weakness and/or incoordination in the chest, neck or mouth.

DYSPHAGIA - Problems relating to swallowing ability.

E

ECHOLALIA - Repetitive, parrot-like speech using words spoken by others.

E.C.I.A. - EDUCATION CONSOLIDATION AND IMPROVEMENT ACT. Enacted by Congress in 1965 this Federal law includes a program, known as Chapter I, to extend federal assistance to handicapped children in state schools. This act provides additional funding to support the special needs of disabled children.

EDUCATION OF THE HANDICAPPED ACT. (P.L. 94-142) - Adopted 10 years after ECIA. It is designed to allow more children to benefit fully from public education in the least restrictive environment. This is the primary piece of legislation guaranteeing educational opportunities to disabled children.

P.L. 99-457 - Also known as the Education of the Handicapped Amendments of 1986. This law mandates special education services for children aged 3 to 5 and extends services for infants from birth to age 2.

ELIGIBLE FOR SERVICES - Any person determined to have a developmental disability.

EMPATHY - Ability to understand or feel what another is feeling.

ENURESIS - Bed-wetting.

EQUILIBRIUM REACTIONS - Response to regain or maintain balance.

ESCAPE LEARNING - A form of learning which allows an individual to avoid an unpleasant event.

ESOTROPIA - One or both eyes turning inward abnormally.

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EXOTROPIA - Turning outward of the eye(s).

EXPANSION - Interpreting a child's verbalization and expanding or increasing it in more detail. Example: Child - "Boy Candy" -- "Yes, the boy is eating candy."

EXPRESSIVE LANGUAGE - Ability to meaningfully produce spoken language or writing.

EXTENDED FAMILY - Relatives of the immediate family.

EXTENSION - Movement of a joint generally to straighten the arm, leg or trunk.

EXTINCTION - Gradual disappearance of a behavior when it is no longer reinforced.

EXTROVERSION - Personality type that primarily derives pleasure from interaction with the outside physical and social environment rather than one's own internal environment. Opposite of introversion.

EYE-HAND COORDINATION - Movement of the hand in harmony with the eyes.

F

FACILITATE - help

FAMILY RESOURCE SERVICES - Program designed to offer supportive services for families who have children with special needs living at home.

FAMILY THERAPY - Therapy with the family to work out family problems.

FIGURE-GROUND DISCRIMINATION - An auditory or visual process by which an individual picks a sound or object from its background.

FINE MOTOR - The use of small muscles especially in the fingers or the eyes.

FLEXION - Movement of a joint generally to bend the arm, leg, or trunk.

FLUENCY - The smoothness with which sounds, syllables, words and phrases are spoken; lack of hesitations, repetitions or stuttering.

FOLLOW ALONG SERVICES - Residential program directed toward helping persons receiving services and to attain independent living within the community. These individuals must be able to meet the demands of daily living to qualify. Periodic support is provided by the follow along coordinator.

FORM CONSTANCY - Recognition of a form as the same, even though size, color, position or plane has changed.

FORM PERCEPTION - The ability to recognize a form in all its parts, as a whole unit, then again broken down into its parts.

FRAGILE-X SYNDROME - A genetic cause of mental retardation.

FROG SITTING, INVERTED W - Sitting in reverse tailor style.

FUNCTIONING LEVEL - The individual level of achievement.

G

GAIT - Walking.

GASTROSTOMY - Surgical opening to the stomach; a feeding tube is used to feed the person.

GENERALIZATION - Responding in a similar fashion across different situations.

GIFTED - Intellectual superiority in which the individual is in the top ten per cent of the population.

GLUCOSE - "Sugar."

GROSS MOTOR - Use of large muscles such as those which control the arm or leg.

GROUP THERAPY - Therapy involving several individuals in a group at the same time.

GUARDIAN - A person appointed by the court to be a substitute decision-maker for the person receiving services. The powers of a guardian are determined by a judge and may be limited to certain aspects of the person's life.

H

HABILITATION - The process by which a person with developmental disabilities is assisted in acquiring and maintaining life skills to, cope more effectively with personal and developmental demands, and to increase the level of physical, mental, vocational and social ability through services.

HALF-KNEEL - Kneel with one leg up.

HANDEDNESS - Preference for use of one hand over the other.

HANDICAP - A mental or physical impairment which prevents or interferes with normal mental or physical activities and achievement.

HCB-DD - Home and Community Based Programs for the Developmentally Disabled. Residential programs that are funded through state and federal dollars. Daily reimbursement rates are higher than state adult residential services funding to provide a more intensive rehabilitation program.

HEPATITIS B - An inflammation of the liver caused by the Hepatitis B virus. Contagious.

HERPES SIMPLEX - Fever blister.

HOST HOME PROGRAM - Uses sponsoring families to accept no more than two non-related individuals into their homes for personalized living with supervision.

H.R.C. Human Rights Committee. Committee established by Community Centered Boards and Regional Centers to safeguard the rights of persons receiving services.

HYPERACTIVITY - Excessive or abnormally high level of motor activity. May be associated with Attention Disorder.

HYPERKINESIS - Excessive muscular activity.

HYPERTENSION - High blood pressure.

HYPERTONIC - Increased tension in muscles; spastic.

HYPOTENSION - Low blood pressure.

HYPOTONIC - Reduced tension in muscles; floppy.

I

I.C.F./M.R. - Intermediate Care Facility/Mentally Retarded.

IDIOPATHIC - Occurrence of a disease; cause is unknown.

ID TEAM - Interdisciplinary Team - The team of people who develop the Individual Habilitation Plan. Members of the team include the person applying for or receiving services, his or her parents, guardian, the Case Manager, a psychologist, the Community Centered Board administrator and other persons who can help identify the person's needs and appropriate programs.

I.F.S.P. - Individual Family Service Plan. Part of PL 99-457 written by a multidisciplinary team and includes the child's present levels of functioning, a statement of family strengths and needs, as related to the child, major outcomes expected, services needed.

IMITATION OR MODELING - Learning taking place as a function of copying a behavior of another person.

IMMUNIZATIONS -

DPT: Diptheria, Pertussis, Tetanus
MMR; Measles, Mumps, Rubella
OPV: Oral Polio Vaccine

IMPETIGO - Rash occurs with small blisters which become crusted and drain; usually occur around nose and mouth. Contagious

IEP INDIVIDUALIZED EDUCATION PLAN (IEP) - An educational plan written by a

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multidisciplinary team specifically for each student which states learning objectives and progressive steps to meet the objectives within a given time frame.

INDIVIDUALIZED HABILITATION PLAN (IHP) - A written plan designed by an interdiciplinary team to identify the total needs of a person receiving services and, the services required to meet those needs.

INDIVIDUALIZED PROGRAM PLAN (IPP) - A written plan designed by a service agency to identify specific program objectives and how progress will be measured. It becomes a part of the IHP.

INHIBIT - To reduce or not allow something to be seen , as in abnormal reflexes or tone.

INTAKE - Activities performed by a Case Manager which lead to determination of eligibility. Includes the gathering of information necessary to allow the person to begin a meaningful course of services.

INTEGRATE - (Motor) Reducing a reflex so that it is no longer seen.

INTEGRATION - Participation in the mainstream of community life. Participation means the person served maintains social relationships with family, peers and other people in the community.

INTROVERSION - Personality type that primarily derives pleasure from pursuits conducted by oneself rather than pursuits involving others. Opposite of extroversion.

IPSILATERAL - Movement of an arm or leg on the same side of the body.

I.Q. - Intelligence Quotient. A derived score from an intelligence test that provides information as to how an individual's functioning compares to other individuals of the same age.

J

JARGON - An early language development stage where children use sounds and some words to resemble meaningful conversation.

JAUNDICE - Yellowish tint to the skin.

JOINT BUDGET COMMITTEE (JBC) Division of the state legislature responsible for expenditure of funds.

JIGS - A helpful device used for holding materials being worked, for guiding a tool or process in production.

JOB PLACEMENT SPECIALIST - Individual with placement skills and/or training having primary responsibility for planning and/or providing job placement services.

JOINT STABILITY - Muscles in front of and behind a joint that work at the same time.

K

KERATOSIS - Thickening of skin.

KINESTHESIA-KINESTHETIC - Awareness of movements of body parts.

L

LACRIMAL - Tear ducts.

LASSITUDE - Weariness, exhaustion.

LATERALITY - Left and right awareness, ability to distinguish between body sides.

LEAST RESTRICTIVE ENVIRONMENT (LRE) - The most productive school placement for an individual and one that is as close as possible to a "normal" situation and yet can still address that person's needs. Such placement should be determined from a full array of services and can include institutional placement, special schools, special classes, resource rooms or regular classroom placement. The decision of least restrictive placement is best decided by the family and the IEP or IHP team.

M

MAINSTREAMING - Term used by educators to refer to the integration of children with handicaps into regular classes for part or all of the school day.

MEDICAID - A program authorized under Title XIX of the Social Security Act that provides health care assistance to qualified residents. The program is funded by both federal and state monies, but is administered by the state.

MEDICARE - A federal health insurance program run by the Health Care Financing Administration (HCFA) which includes both hospital and medical insurance.

MENTAL AGE (MA) - A raw score from which an age equivalency can be determined.

MENTAL RETARDATION - A.A.M.R. defines mental retardation as "significantly subaverage general intellectual functioning existing concurrently with deficits in adaptive behavior and manifested during the development period." Levels of retardation are:

MILD - Term used to describe the degree of retardation present when intelligence test scores are 50 - 55 to approximately 70.

MODERATE - Term used to describe the degree of retardation present when intelligence test scores range from to 35-40 to 50 - 55.

SEVERE - Term used to describe the degree of retardation present when intelligence scores range from 20 - 25 and 35 - 40.

PROFOUND - Term used to describe the degree of retardation present when intelligence test scores are below 20-25.

MIDDLE EAR - Space between the ear drum and the inner ear. Houses three bones and two muscles.

MIDLINE - An imaginary line drawn down the center of the body.

MOBILITY - Capability of moving.

MODELING - Imitating or repeating a sound or action.

MODEL WORKER - Workers on short term contracts who serve as worker models for disabled workers allowing flexibility to obtain diversified contracts.

MONOCULAR - Refers to one eye which is used while the other eye is non-functional, covered or shut.

MOTOR PLANNING - The ability of the brain to carry out and sequence unfamiliar actions.

MULTIPLY HANDICAPPED - An individual with more than one handicapping condition, (i.e., intellectual, emotional and physical).

N

N.D.T. - Neuro Developmental Treatment. A specific therapeutic technique to help a child gain more normal movement patterns.

KAYO NORMALIZATION - The process of making available to persons with disabilities, patterns of life and conditions of everyday living which are as close as possible to regular circumstances.

NUCLEAR FAMILY - Siblings (brothers and sisters) and parents.

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O

OCULAR - Refers to the eyes.

OCCUPATIONAL THERAPIST (OT) - Therapist who uses purposeful activities to improve movement and coordination, visual perceptual skills, self-help skills, self-reading skills. Also trained to adapt equipment.

OPERANT LEVEL - Observable behavior level at which an individual functions prior to any intervention.

ORAL - Pertaining to the mouth.

ORAL MOTOR - Ability to move and coordinate structures of the mouth.

ORAL PERIPHERAL EXAM - Examination of the mouth including lips, jaw, teeth, hard and soft palate and tongue. The exam involves assessing both structure and function or movement to determine adequacy for speech.

ORIENTATION - The comprehension and adjustment of an individual to his/her environment. Refers to identity of persons, location and time.

OSTEOPATHOLOGY - Disease of the mouth.

OTITIS MEDIA - Infection occurring in the middle ear.

P

PARALLEL PLAY - Play in which individual children play beside each other, but do not interact to a great extent.

PARENTS - Members of the educational team who play a key role in the development of their children. The interest, support and concern shown by parents enhance the child's learning and success in school.

PATELLA - Knee cap.

P.C.A. Personal Care Alternative - A residential program designed to meet unique needs of an individual who cannot be successful in group living arrangements, but requires a level of supervision not available in current residential apartment settings. Limited to one or two persons per setting.

PEER GROUP - The group of intellectual, social and/or educational equals with which individual an associates.

PERCEPTION - The process by which sensory information is interpreted.

PERFORMANCE OBJECTIVE - An instructional task that has the following criteria: a) who will do it; b) under what circumstances; c) at what time; d) the standard acceptable; and e) how to measure attainment.

PERIPHERAL VISION - Vision outside the central area of the retina.

PERCEPTUAL MOTOR - Input (activities of sensory or visual nature) and output (activities of motor or muscular nature). The two are interrelated as parts of total activity.

PERCEPTUAL MOTOR DYSFUNCTION - The central nervous system is unable to perceive and interpret visual and sensory input accurately and produce the appropriate motor response.

PERSEVERATION - A behavior that continues even after the need for it no longer exists and is not appropriate.

PERSONAL FUTURES PLAN - An orderly process describing a person's desirable future and deciding on a schedule of activities and support which brings together the people whose cooperation is important to a person with developmental disabilities and focuses attention on the quality of the person's life experiences.

PHOBIA - Fear that is excessive.

PHOTOPHOBIA - Intolerance to light.

PHONETIC - An instructional approach to reading that stresses sounds of words in relation to their written representations.

PHYSICAL THERAPIST (PT) - Therapist who works with an individual generally through exercise to improve movement patterns.

PIVOT PRONE - The person lies on his or her stomach with neck, shoulders and hips off the floor. This position helps the muscles which oppose gravity to develop.

PKU TEST - Blood test performed soon after a child is born. The test detects phenylketonuria, which is a metabolic disorder that results in mental retardation.

POSITION IN SPACE - Special relationships of an observer to his/her environment. Perception of objects being to the side of, behind, before, above or below.

POSITIVE REINFORCEMENT - The immediate presentation of something rewarding following a behavior which increases that behavior, typically hugs, praise, food, special activities and prizes.

PREHENSION - The way an object is held in the hand.

PRONE POSITION - Lying on the stomach.

PROPRIOCEPTION - Awareness of movement of body parts.

PSYCHOMOTOR - Physical and psychological aspects of activity.

PSYCHOTROPIC MEDICATIONS - Drugs which affect psychic function, behavior or experience.

P.W.I. - (PROJECTS WITH INDUSTRY) - A program which is a training course in electronics assembly for individuals with disabilities from throughout the State of Colorado.

Q

Q.M.H.P. - Qualified Mental Health Professional. Coordinator of Mental Health Services for persons receiving residential services.

Q.M.R.P. - Qualified Mental Retardation Professional. A residential supervisor responsible for supervision of staff and program delivery.

QUADRUPED - Hands and knees posture.

R

RECEPTIVE LANGUAGE - Ability to get meaning from reading, gesturing, listening, etc.

RECIPROCAL - Movement of the arms and/or legs in an alternating fashion.

REFERRAL AND PLACEMENT COMMITTEE (RPC) - A multidisciplinary interagency committee established by a Community Centered Board which makes referral and placement recommendations for persons receiving services.

REFLEX - An involuntary response to a stimulus.

REGIONAL CENTER (RC) - A 24-hour residential and day program operated by the Department of Institutions and Division for Developmental Disabilities which represents the most restrictive setting.

REHABILITATION - Process of restoring to useful life a person who has been ill or who is handicapped. Accomplished through education and therapy.

REHABILITATION ENGINEERING - Involves the analysis of a job task or independent living activity which presents a problem to a person with disabilities and correction or reduction of this problem. Accomplished through adaptive jigs to help job performance, improved positioning, or highly technical solutions.

REINFORCER - Contingent consequences that strengthen behavior.

RELATED SERVICES - Services as stated in the Education of the Handicapped Act which are required to assist a handicapped child to benefit from special education.

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RESIDENT - An individual living in a residential facility.

RETRACTED DRUMS - Eardrums that are drawn in as a result of negative pressure in the middle ear.

RIDGE - Wheat Ridge Regional Center.

RIGHTING REACTIONS - Reflex that enables a person to bring his or her head or body into a straight line.

ROTATION - Twisting of the body trunk.

RPC - Referral and Placement Committee. A multidisciplinary interagency committee established by a Community Centered Board which makes referral and placement recommendations for person receiving services.

RTD - Regional Transportation District. The metro area public bus transportation system.

S

SCOLIOSIS - Curving of the spine.

SECTION 504 - Part of the Vocational Rehabilitation Act amendments of 1973, P.L. 93-112, that is generally referred to as the civil rights clause for the handicapped.

SELF-CONCEPT - How an individual views himself.

SENSORY INTEGRATION - The brain's ability to receive, organize and interpret sensory information for use.

SENSORY-MOTOR - In the development of a child, learning occurs through the interaction between the senses and muscular system. The child explores by touching, tasting, seeing, smelling, moving, hearing, etc.

SENSORINEURAL HEARING LOSS - Damage to the nerves in the ear which results in hearing loss.

SENSORY - Information obtained from touch, pressure, pain, temperature, vision, smell, taste and movement.

SEIZURE - Unusual muscular or behavioral activity caused by abnormal brain impulses without purpose.

SHAPING - A technique for teaching new behavior by reinforcing successive approximations to the goal behavior.

SIBLING - a brother or sister.

S.I.E.B.D. - Significant Identifiable Emotional or Behavioral Disorder. Term from the Colorado Department of Education Regulations referring to individuals with emotional involvement.

SIGN LANGUAGE - Means of communication which uses gestures as symbols for words.

S.L.I.C. - Significant Limited Intellectual Capacity. Term from the Colorado Department of Education Regulations referring to individuals with mental retardation.

SOCIALIZATION - The process whereby an individual acquires the knowledge, values, facility with language, social skills and social sensitivity that enables him/her to become integrated into and behave adaptively within a society.

SPATIAL RELATIONSHIPS - Perception of the relation of two or more objects to an individual and to each other.

SPEECH AND LANGUAGE PATHOLOGIST - An individual with a Masters Degree and certificate in speech and language pathology. Speech and language pathologists are qualified to diagnose speech, language, voice and fluency (stuttering) disorders and to plan and implement therapy programs.

SPEECH LANGUAGE THERAPIST - An individual who works with people in groups on an individual basis to assess and remediate receptive and expressive language skills.

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SPLINTER SKILL - Accomplishment of a specific task under specific conditions. (Not able to do tasks in all situations.)

S.S.D.I - SOCIAL SECURITY DISABILITY INSURANCE. Federal benefit program sponsored by the Social Security Administration. Primary factor: disability and/or benefits received from deceased or disabled parent, benefit depends upon money contributed to the Social Security program either by the individual involved and/or the parent involved.

S.S.I. - SUPPLEMENTAL SECURITY INCOME. Federal financial benefit program sponsored by the Social Security Administration.

S.T.N.R. - SYMMETRICAL TONIC NECK REFLEX. Bending of the neck causes bending of the arms and straightening in legs. Straightening of the neck causes straightening in the arms and bending in legs.

STAFFING (Placement, Review) - Educational term meaning a meeting to plan a program for the student.

STIMULUS - Anything internal or external that has some impact or effect on an individual such that behavior is modified in some detectable way.

STRABISMUS - "Crossed eyes." Eyes cannot move in unison due to lack of muscular coordination.

STREP - Term referring to a bacterial infection caused by the streptococcus organism.

SUPINE POSITION - Lying on the back.

SUPPORTED EMPLOYMENT - Paid employment for adults with developmental disabilities who, without long-term support, are not likely to succeed in a regular job.

SYMMETRICAL - Both arms or both legs move together.

SYNERGY - Abnormal patterned movement of an arm or leg caused by central nervous system damage.

T

TACTILE - Refers to the sense of touch. Consist of: a) system of protection-fight response; b) a system of discrimination by which an individual correctly identifies and distinguishes touch sensations.

TACTILE DEFENSIVENESS - Reacting negatively to being touched.

THERMAL STIMULATION - An indirect technique used to facilitate swallowing.

TIME OUT - The removal of an individual from all reinforcement when an inappropriate behavior occurs. Used for specifically designed behaviors, not all behaviors. Strict guidelines are involved in the use of this procedure.

TITLE XIX - Medicaid. Federal program that provides monies enabling a variety of programs and services to be offered to the population of developmentally disabled persons.

TITLE XX - Federal program administered by Colorado Department of Social Services that provides monies for day programming for persons over 21 years of age and older.

TOKEN - A condition reinforcer redeemable later for other reinforcing items or activities. Examples of tokens include money, poker chips, coupons, and points.

T.O.P. - Transitional Occupational Program. An intensive job placement program provided for the disabled adult. The program is designed so trainees spend up to 20 hours per week at a community based training site with the rest of the time spent at the Work Center. The training sites are developed with businesses in the community and are selected to meet the interests and abilities of each individual.

TRACHEOSTOMY - Opening and insertion of a tube to the trachea - for breathing.

TYMPANOGRAM - Part of a hearing test.

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U

UMBILICAL HERNIA - Protrusion of navel, corrected by surgery.

UNILATERAL - Involving one side of the body.

UPPER EXTREMITY - Arm.

V

VESTIBULAR - The system by which an individual perceives gravity and motion.

VISUAL PERCEPTION - Sensory information received through the eyes and identified, organized and interpreted by the brain.

VISUAL MOTOR COORDINATION - Vision coordinated with movements of the body or its parts.

VOCATIONAL ASSESSMENT - Identifies the individual's strengths, skills, interests, abilities and rehabilitation needs. Accomplished through on-site situational assessments at local businesses and in community settings.

VOCATIONAL REHABILITATION - Preparing any person with a handicapping condition for useful and purposeful employment through on-the-job training, job training and use of rehabilitative equipment.

VOLITIONAL MOVEMENT - Deliberate movement. Performing on purpose.

W

WEIGHT BEARING - Supporting your own weight in any position.

WEIGHT SHIFT - Moving your weight from one side of your body to the other.

W.E.S. - Work Experience and Study Program. Vocational Education for students ages 18-21. In this program, students concentrate on developing and refining home-living and job skills.

The Developmental Disabilities System

The Department of Institutions is authorized to carry out the Colorado statute regarding persons with developmental disabilities (CRS 27-10.5).

The Division for Developmental Disabilities is one of three Divisions within the Department of Institutions and is directly responsible for providing or contracting for services for persons with developmental disabilities.

The Division for Developmental Disabilities directly operates three Regional Centers located in Wheat Ridge, Pueblo and Grand Junction, Colorado. These Regional Centers are 24-hour residential and day program facilities and represent the most restrictive residential programs in the state. All other services are provided at the local level through Community Centered Boards or Approved Service Agencies.

The Colorado Developmental Disabilities Planning Council has been designated as the public entity responsible for the coordination of services and for advocacy for persons with developmental disabilities, at the state level.

Federal and state statutes mandate that the Developmental Disabilities Planning Council:

- encourage cooperation of public and private agencies and coordinate their services
- serve in an advisory capacity to the governor and general assembly
- monitor and review plans, budgets and programs of appropriate state agencies
- promote the development of and improvement in new approaches and services
- identify gaps in services and monitor programs for deinstitutionalization of persons with developmental disabilities
- develop a state plan for services for persons with developmental disabilities.

The Legal Center Serving Persons with Disabilities protects and promotes the rights of persons with disabilities in Colorado. This is accomplished by the effective use of legal expertise through direct representation, education and legislative analysis. The Legal Center was designated by the Governor in 1977 to serve as Colorado's Protection and Advocacy system for persons with developmental disabilities as provided by federal law.

Colorado's Community Centered Boards are nonprofit organizations which contract with the Division and are responsible for services in local communities. Community Centered Boards are the only organizations authorized to determine eligibility for services and to provide Case Management Services. Community Centered Boards provide other services to persons with developmental disabilities directly or purchase services from Approved Service Agencies (ASAs).

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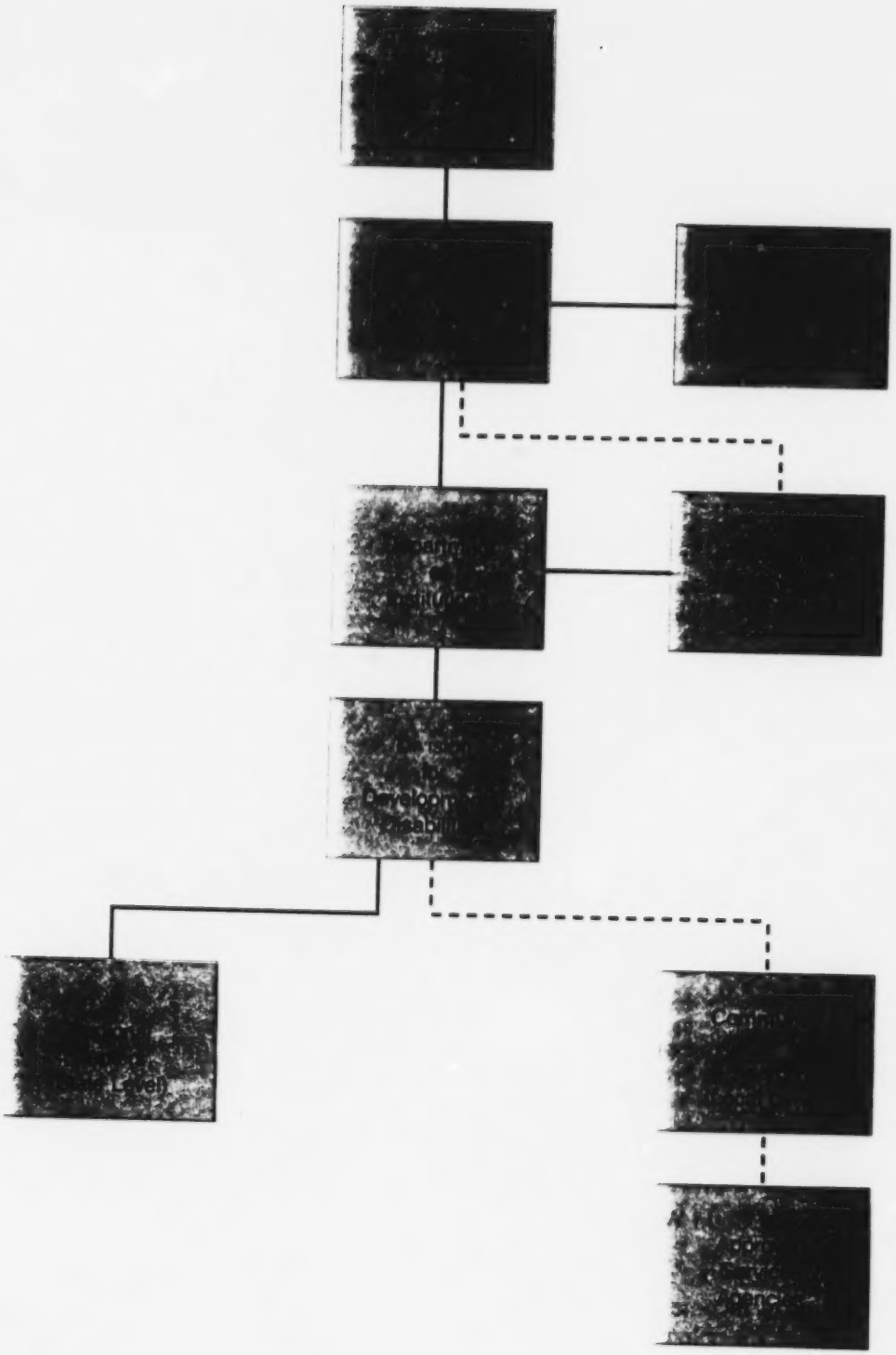

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Colorado Departments and Agencies:

Colorado Department of Education (CDE), 201 E. Colfax—3rd Floor, Denver, CO 80203, 866-6692.

Special Education Services Unit, 201 E. Colfax—3rd Floor, Denver, CO 80203, 866-6694 .

Colorado Department of Health (DOH), 4210 East 11th Avenue, Denver, CO 80220, 320-8333.

Colorado Department of Institutions (DOI), 3550 West Oxford Avenue, Denver, CO 80236, 762-4410.

Division for Developmental Disabilities (DDD), 3824 W. Princeton Cir., Denver, CO, 80236, 762-4550.

Division of Mental Health (DMH), 3520 W. Oxford Avenue, Denver, CO, 80236, 762-4088.

Colorado Department of Social Services (DSS), 1575 Sherman, 8th floor Denver, CO, 80203, 866-5700.

Division of Aging and Adult Services, 866-3851 (Adult Protective Services, Adult Self-Sufficiency)

Division of Child Care Services, 866-5958

Division of Child Welfare Services, 866-5932

Division of Income and Support Services, 866-5926. (Supplemental Security Income, SSI; Aid to the Needy Disabled, AND; Aid to the Blind, AB)

Division of Rehabilitation, 866-5196, (Vocational Rehabilitation Services)

Colorado Developmental Disabilities Planning Council (CDDPC), 777 Grant Street, Suite 410 Denver, CO, 80203, 894-2345.

Citizen s Advocate Office, 121 State Capitol Building, Denver, CO 80203, 866 2885.

J.F.K. Center for Developmental Disabilities, 4200 East 9th Avenue. Box C-234, Denver, CO 80262, 270-7224

The Legal Center Serving Persons with Disabilities, 455 Sherman, Suite 130, Denver, CO 80203, 722-0300, Colorado toll free 1-332-6356. (TTY equipped)

PEAK (Parent Education and Assistance for Kids), 6055 Lehrman Drive, Suite 101, Colorado Springs, CO 80918, (719) 531-9400, 1-800-284-0251, FAX 719-531=9452.

Statewide Agencies:

Association for Community Living
4155 E. Jewell, Suite 916
Denver, CO 80222 756-7234, FAX 759=2891

Center on Deafness
1900 Grant Street, Suite 1010
Denver, CO 80203 839-8022, 839-8025

Colorado Association of
Community Centered Boards
1410 Grant Street, Suite C 108
Denver, CO 80203 832-1618, FAX 832=4023

Colorado Association of Private Residential
Agencies
5376 Tomah Drive, Suite 100
ColoradoSprings,CO 80918
(719) 531-0511

Colorado Coalition for Persons with
Disabilities
789 Sherman, Suite 520 Denver, CO 80203
863-0113

Colorado Head Injury Foundation, Inc.
925 W. Kenyon, Unit 8
Englewood, CO 80110 761-8552

Colorado Rehabilitation Enterprises
490 Bryant Street
Denver, CO 80204 825-0041

Epilepsy Foundation of Colorado
300 E. Hampden, Suite 244
Englewood, CO 80110 761-2742,
FAX 762=1190

March of Dimes
1325 S. Colorado Blvd.
Denver, CO 80231 692-0011

Mental Health Association of Colorado
1391 N. Speer Blvd., Suite 350
Denver, CO 80204 595-3500, FAX 595=0923

Mile High Down's Syndrome Association
P.O. Box 620847
Littleton, CO 80162 797-1699

Multiple Sclerosis Society of Colorado
455 Sherman, Suite 450
Denver, CO 80203 733-5008

Muscular Dystrophy Association, Inc.
720 S. Colorado Blvd., #450
Denver, CO 80222 691-3331

National Society for Autistic Children,
Colorado Chapter
5031 W. Quarles Drive
Littleton, CO 80215 978-1440

Spina Bifida Association
P.O. Box 22994
Denver, CO 80222 298-7778

United Cerebral Palsy Association
2727 Columbine Street
Denver, CO 80205 355-7337, FAX 355=6709

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Colorado's Community Centered Boards

Colorado Association of
Community Centered Boards
1410 Grant St., Suite C 108
Denver, CO 80203 832-1618

Arkansas Valley Community Center
(Serving Bent, Crowley and Otero Counties)
P.O. Box 1130, LaJunta, CO 81050
(mailing address)
1500 San Juan Avenue, La Junta, CO 81050
(street address)
(719) 384-8741

Blue Peaks Developmental Services, Inc.
(Serving Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache Counties)
703 Fourth Street
Alamosa, CO 81101
(719) 589-5135

Centennial Developmental Services, Inc.
(Serving Weld County)
3819 St. Vrain
Evans, CO 80631 339-5360/825-7300
(Denver line)

Community Connections, Inc.
(Serving Archuleta, Dolores, La Plata, Montezuma and San Juan Counties)
P.O. Box 1159, Durango, CO 81302
(mailing address)
21516 Highway 160W, Durango, CO 81302
(street address)
259-2464

Community Options, Inc. (Serving Delta, Gunnision, Hinsdale, Montrose, Ouray and San Miguel Counties)
P.O. Box 31, Montrose, CO 81402
(mailing address)
336 South 10th Street, Montrose, CO 81401
(street address) 249-1412

Denver Board for the Developmentally Disabled, Inc.
(Serving Denver County)
1325 S. Colorado Blvd., #700
Denver, CO 80222 753-6688

Developmental Disabilities Center, Inc.
(Serving Boulder County)
1343 Iris
Boulder,CO 80304 441-1090

Developmental Opportunities, Inc.
(Serving Fremont, Chaffee and Custer Counties)
P.O. Box 2080, Canon City, CO 81215-2080
(mailing address)
601 Greenwood, Canon City, CO 81215
(street address)
(719) 275-1616

Developmental Pathways
(Serving Arapahoe and Douglas Counties and the City of Aurora)
11111 E. Mississippi Avenue
Aurora,CO 80012 360-6600

Eastern Colorado Services for the Develomentally Disabled, Inc.
(Serving Logan, Morgan, Phillips, Sedgwick, Washington, Yuma, Cheyenne, Elbert, Kit Carson and Lincoln Counties)
P.O. Box 1682, Sterling, CO 80751
(malling address)
211 West Main Street, Sterling, CO 80751
(streetaddress

Foothills Gateway Rehabilitation Center, Inc.
(Serving Larimer County)
301 Skyway Drive
Fort Collins, CO 80525
226-2345/667-6410

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Colorado's Community Centered Boards continued

Horizons for the Developmentally Disabled and Seriously Handicapped, Inc.
(Serving Grand, Jackson, Moffat, Rio Blanco and Routt Counties)
P.O. Box 774867, Steamboat Springs, CO 80477 (mailing address)
325 Seventh Street, Steamboat Springs, CO 80477 (street address)
879-4466

Jefferson County Community Center for Developmental Disabilities, Inc.
(Serving Clear Creek, Gilpin, Jefferson and Summit Counties)
7456 W. 5th Avenue
Lakewood, CO 80226 233-3363,
FAX 233=4622

Mesa Developmental Services, Inc.
(Serving Mesa County)
P.O. Box 1390, Grand Junction, CO 81502 (mailing address)
425 North 10th, Grand Junction, CO 81501 (street address)
243-3702

Mid-Colorado Regional Commission for the Develomentally Disabled, Inc.
(Serving El Paso, Park and Teller Counties)
2375 N. Academy Boulevard, Suite 100
Colorado Springs, CO 80909
(719) 380-1100

Mountain Valley Developmental Services, Inc.
(Serving Eagle, Garfield, Lake and Pitkin Counties)
P.O. Box 338, Glenwood Springs, CO 81602 (mailing address)
700 Mt. Sopris Drive, Glenwood Springs, CO 81601 (street address)
945-2306

North Metro Community Services for Developmentally Disabled, Inc.
(Serving Adams County)
1001 W. 124thAvenue
Westminster, CO 80234
457-1001, FAX 457=2326

Pueblo County Board for Developmental Disabilities, Inc.
(Serving Pueblo County)
115 West 2nd Street
Pueblo, CO 81004
(719) 546-0572, FAX (719) 546=0577

Southeastern Developmental Services, Inc.
(Serving Bent, Baca, Kiowa and Prowers Counties)
P.O. Box 328, Lamar, CO 81052 (mailing address)
1111 South 4th Street, Lamar, CO 81052 (street address)
(719) 336-3244

Southern Colorado Developmental Disabilities Services, Inc.
(Serving Huerfano andLas Animas Counties)
P.O. Box 781, Trinidad, CO 81082 (mailing address)
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